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NEWSPAPER

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Maverick men look to break Sioux hoodoo

Paul Freelend

UNO men's basketball head coach Kevin McKenna and his Mavericks have reached the half-way point of the North Central Conference season.

Having already played each NCC team once, the Mavericks will start their second run through with a chance for redemption. North Dakota, who defeated UNO 92-88 in overtime on Dec. 30, and North Dakota State will enter the Sapp Fieldhouse this weekend for their second shot at the Mavericks.

North Dakota holds a record of 11-5 (7-2 NCC) and currently sits in second place in the conference, one spot ahead of UNO. They also hold a three-game winning streak over UNO, having swept both games last season and won the first meeting this season. Having seen a 13-point second half lead slip away against the Fighting Sioux, McKenna has been stressing the importance of defense and finishing the game mentally to his

"This week in practice, we have really tried to stress our defensive intensity," McKenna said. "In the second half against North Dakota, we relaxed and started giving them some easy shots. There hasn't been much talk about avenging the last game, but we've been saying that now we know what we need to do to win this time."

Jerome Beasley and Jeff Brandt are the two biggest weapons for the Fighting Sioux. Beasley is averaging a teamhigh 22.9 points per game, while Brandt averages 16.1 PPG. The next six highest scorers for North Dakota all average



Head Coach Kevin McKenna tries to keep the Maverick's fire burning in the last moments of a recent game. The Mavs have compiled an impressive 15-5 record midway through the season, including a 6-3 conference record. The team will look to extend their winning record this weekend with games against North Dakota and North Dakota State.

between 4.0 and 6.8 PPG.

NDSU enters their game with UNO at 9-8 (3-6). The Bison are currently mired in a three-game losing skid and have won just one of their last seven games. Denver TenBroek leads NDSU, averaging 18.6 PPG, while Ben Nemmers scores 11.9 PPG and Josh Richardson averages

McKenna said that playing a team for a second time takes away the surprise element and leaves the result up to whichever team has the better execution.

"Any time you face a team for the second time, you're

going to know more about their personnel and their style of play," McKenna said. "It's the same for both teams, though, so really it's going to come down to who can execute better and who can do the little things it takes to win a ball

Tip-offs for the North Dakota and NDSU games are scheduled for 8 p.m. Friday and Saturday at the Sapp Fieldhouse. (3)

A new master's of library science degree will be offered by UNO, in conjunction with the University of Missouri at Columbia.



Library science degree debuts at UNO

Matt Goodlett

It has been two years in the making, and this spring semester, UNO, in collaboration with the University of Missouri at Columbia, is bringing a master's of library science degree to Nebraska.

Becky Pasco, assistant professor of education in the teacher education department, says UNO has long offered both graduate and undergraduate degrees for library media specialists accredited by the American Library Association. However, the new degree will allow recipients to qualify for positions in large public, academic and some special libraries

Pasco says now is a good time for the MLS degree to be available to Nebraskans because there is a national shortage of qualified information specialists and librarians in all types of libraries.

"There are between 20 and 30 jobs at any one time in Nebraska libraries that are looking for good candidates," Pasco says. "I get calls from all over the United States for school library media candidates."

Students can take five courses, totaling one-third of the degree, at UNO, and the University of Missouri will bring the rest of the coursework to Nebraska via a diverse array of flexibly-scheduled faceto-face instruction and distance technologies all at in-state tuition.

To further lower the cost, a number of library organizations in the state and the Nebraska Library Commission no offering scholarships for library science education. There are also many other benefits to a degree in library science, Pasco says.

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photo by son Shaw

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UNO and SES to host forum on Missouri River

Josie Loza

UNO and the Students for Environmental Studies will host a public forum Feb. 2 on the future of the Missouri River.

The event will be held from 9 a.m. to 12:30 p.m. in the Milo Bail Student Center Ballroom.

Speakers will be brought in to discuss the National Academy of Sciences Jan. 9 report.

The academy released a report warning that the Missouri River and its ecosystem will continue to deteriorate unless its natural flow is significantly restored.

Since the late '80s, the U.S. Army Corps of Engineers has been studying alternative ways to manage the water levels. Six options are currently under consideration.

The U.S. Army Corps of Engineers is responsible for operating a series of

dams that regulate water levels.

The key controversy centers on whether the U.S. Army Corps should try to restore the natural water flow to the river, more specifically through increasing spring flows and decreasing summer flows.

The forum is meant to help students and the public understand this issue and inform them about the options relating to water level management.

It will give the people on campus as

see River, page 11

Students taking the super-size – literally

Sarah Meedel

It is lunchtime at UNO and time to make a dining decision. There is the option of going to the food court and snagging a pizza or tacos. Of course, there is salad, the healthier lunchtime alternative. Many students instead leave campus to go grab a bite at a fast food place, super-sizing their meals along with their waist lines.

Numerous college students have poor dictary habits. In a recent study published in *USA Today*, researchers said 60 percent of college students eat too much artery-clogging saturated fat. The study also goes on to say that 66 percent of freshmen do not consume the recommended five servings of fruits and vegetables per day, as well as 50 percent of all college students do not get enough fiber and 30 percent of women do not get enough calcium.

The study, conducted at Tufts University, does shed some light on the average weight gain of a freshman. It was once thought to be the "freshman 15" that was gained; instead, men on an average gain 5.5 pounds, while women gain 4.5 pounds. Whether those pounds stay on or disappear is the choice of the student.

Eating habits people develop during their college years often follow them later in life

"Most [college students] are going to leave college on a certain pathway and stay there for a while," says the study's lead researcher, Christina Economos. She goes on to emphasize the importance of a healthy lifestyle while in college.

There are ways to improve one's health without being drastic. Soda has no health benefits; it is mostly full of sugars and sodium and

can lead to dehydration. Try exchanging soda for juice or water. If students drink juice, they are helping to balance their diet by having some of their daily portion of fruit, and it is recommended to drink eight glasses of water per day.



Unhealthy eating trends are contributing to college students' future problems.

Fast food is great because of the convenience and price, but it will come back to get you in the butt — literally. Suggestions for lower fat and healthier fast food places are Subway, Panera Bread, and Blimpie's. If one cannot help but

see Super-size, page 10

Driving amid nature's mighty winter wrath

Brett Henderson

Imagine watching winter unfold as a flurry of snowflakes dance in the air, softly descending upon unsuspecting surfaces. It is the infamous day some Nebraskans dread with the zeal that others enjoy its seasonal wonders. It is now official as winter settles conspicuously like a grizzly in hibernation. Beneath its latent innocence lies a ferocious state of being. If its cunning presence is not respected, any physical interactions could prove deadly. Winter weather driving (snow, sleet, freezing rain) can make a short trip to a friend's house a terrifying trip to the ER.

Local Driving Instructions

Being prepared for the worst can save your life if the grizzly should awake. Here are some driving strategies given by the AAA Motor Club to assist you while you drive.

AAA reports winter driving requires patience, practice and special technique. Danger is minimized if both the driver and the vehicle are prepared in advance. Speeds should only match the prevailing visibility, traffic and road conditions. AAA provides a check-off list that drivers should be aware of as they travel:

1. Always wear seatbelts.

2. Remove ice and snow from windows, license plates and lights, especially from the hood and trunk of vehicle.

3. Reduce speeds. Posted speed limits are for dry, clear conditions only.

4. Be especially careful while crossing bridges and paths. Hidden ice spots are common here.

5. The gas tank should always be two-thirds full to prevent fuel line freezing.

AAA also suggests when starting your vehicle to make sure all accessories (radio, heater, lights, etc.) are turned off. If your car has a fuel injection system, do not touch the accelerator pedal. If the car has a carbureted system, depress the accelerator before attempting to start.

While Traveling Long-distance

The National Weather Service urges motorist to check the weather forecast before traveling. NWS reports that more people die in winter storms and cold weather than in tornadoes, hurricanes or lightning. Winter storms with heavy snow and ice, bitter cold temperatures and strong winds strike the highways and byways every year, so being informed can save your life. They urge travelers to tune in to NOAA Weather Radio for up-to-date-reports.

To combat inexperience, the American Red Cross also offers more advice for winter driving. AMR reports the only thing more dangerous than winter driving is getting stuck unprepared in winter weather. Drivers who are unprepared risk hypothermia or frostbite during this time.

The Red Cross recommends keeping the following tools in your car for your safety: battery jumper cables, first aid kit, shovel, pocket knife, sleeping bag or blanket, extra winter clothing, a food supply of high-calorie non-perishables, a windshield scraper, flashlight and transistor radio with extra batteries for each, bag of sand, brightly colored cloth and charged cellular phone.

If stranded during bad winter conditions, the Red Cross urges drivers to remain with their vehicles and to tie a brightly colored cloth to the antenna. Emergency crews are more likely to see the car and remaining inside should lessen chances of hypothermia and frostbite. Do not try to overexert yourself by pushing your car. Try to avoid exposure to the cold as much as possible.

For those looking to play with this powdery bear, the American Red Cross offers a free copy of the "Are You Ready for a Winter Storm?" brochure.

see Driving, page 10

Spot news **E**

Kristin Zagurski

Honors Week dates announced

The following events have been planned for Honors Week 2002:

Wednesday, April 10 Student Honors Symposium Milo Bail Student Center Chancellor's Room and Board Room

11 a.m. to 3 p.m.

Thursday, April 11
Faculty Honors Convocation and Breakfast 7 to 9 a.m.

Sunday, April 14
Student Honors Convocation and Reception 1 p.m.

Strauss Performing Arts Center (reception to follow in MBSC Ballroom)

For more information about Honors Week activities at UNO, call Sheri Everts Rogers at 554-2262.

Chancellor's Commission on Multicultural Affairs to meet Jan. 25

The Chancellor's Commission on Multicultural Affairs will meet at 2 p.m. on Friday, Jan. 25, in the Chancellor's Conference Room.

Do you have an item you'd like to see in Spot News? The deadline for Tuesday editions is Saturday at 5 p.m. and for Friday editions, Tuesday at 5 p.m. Items can be dropped off in person at MBSC Room 115, mailed to The Gateway, Attn: News Editor, 6001 Dodge St., Omaha, NE, 68182; faxed to 554-2735; or e-mailed to news/a gateway.unomaha.edu 😉



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University to aid Afghan women

Kristen Rasmussen
The Providence Journal

BRISTOL, R.I. - About 1,650 letters left the Roger Williams University mailroom on Friday as part of the school's recent announcement that it is challenging all institutions of higher learning nationwide to follow its lead and offer academic scholarships to Afghan women.

The letters are addressed to the editors of the country's major newspapers. This week, a similar letter will be electronically sent to officials at the nation's 4,500 colleges and universities. The messages are cosigned by university President Roy J. Nirschel and his wife, Paula.

"Roger Williams University in Bristol, Rhode Island, is pleased to be the first university in the country to offer a full scholarship-tuition, room and board-to an Afghan woman," the letter states.

"In this small way, we can make a difference. And by this act we challenge all of American higher education — proportionate to a college's or university's size and endowment — to do likewise and invest in rebuilding Afghanistan as a model society in the twenty-first century."

The establishment of the scholarship is the brainchild of Paula Nirschel, a personal friend of Providence, R.I., resident and Afghan expatriate Fatima Gailani. The two women became friends in November, when Gailani's story gained national attention, Paula Nirschel said.

Her interaction with Gailani — who said she plans to return home to help restore peace and women's equality to Afghanistan — led Nirschel to the conclusion that long-standing societies can only be built or improved by providing educational opportunities for their citizens.

Challenging other academic institutions to offer these educational opportunities augments what Roger-Williams can and will do to help, Paula and Roy Nirschel said.

"Even educating a few Afghan women and giving them their wings and sending them back to help their country would be wonderful," Paula Nirschel said.

"Even if only 10 percent of universities participated, that would still be 500 Afghan women or men attending college," her husband added.

The scholarship will be awarded based on the recommendation of Gailani, Paula Nirschel said. The scholarships are worth about \$125,000 over four years and will be awarded to women who plan to return to their home country, she said.

The scholarship will be awarded to one student each year, paving the way for the presence of four Afghan women on campus at a time, Roy Nirschel said. No end has been set for the program, he said.

The first scholarship will be awarded to a student enrolling in the fall, his wife said.

But young Afghan women will not be the only ones to benefit from the scholarship program, those involved "It will be a reciprocal benefit to have women from Afghanistan educate us," said Rebecca Leuchak, assistant professor of art and architectural history at Roger Williams. "This is a growing opportunity for our community, as well as for the women coming over."

And establishing relationships in the country helps further catapult the university onto the global stage — one of the school's main aims, Roy Nirschel said.

"We want to become an increasingly global university," he said. "We are very proud of being in Bristol and proud of being in Rhode Island, but we are also part of a bigger, broader society."

But to Gailani — who said she deeply loves her homeland despite its horrid treatment of women in the past — the most important beneficiaries are the most obvious ones: the Afghan women who will receive a higher education and the citizens whom they return to help.

"I hope to God that other universities will follow suit because this is not only a turning point in the lives of these young people, but it is a turning point in the future of our country," she said. "Six months ago, I never thought an Afghan woman would be able to think of herself as just as important and equal as men of society.

"No matter how much you think you appreciate the need for this scholarship, (that appreciation) is not enough."

A look at women by the numbers

Alyson Ward Knight Ridder Newspapers

We're now into 2002, but the number-crunchers are still at work on 2001, tabulating what we did, what we bought, where we lived and how many pairs of pantyhose we went through last year. Here's a glimpse of women in 2001, by the numbers:

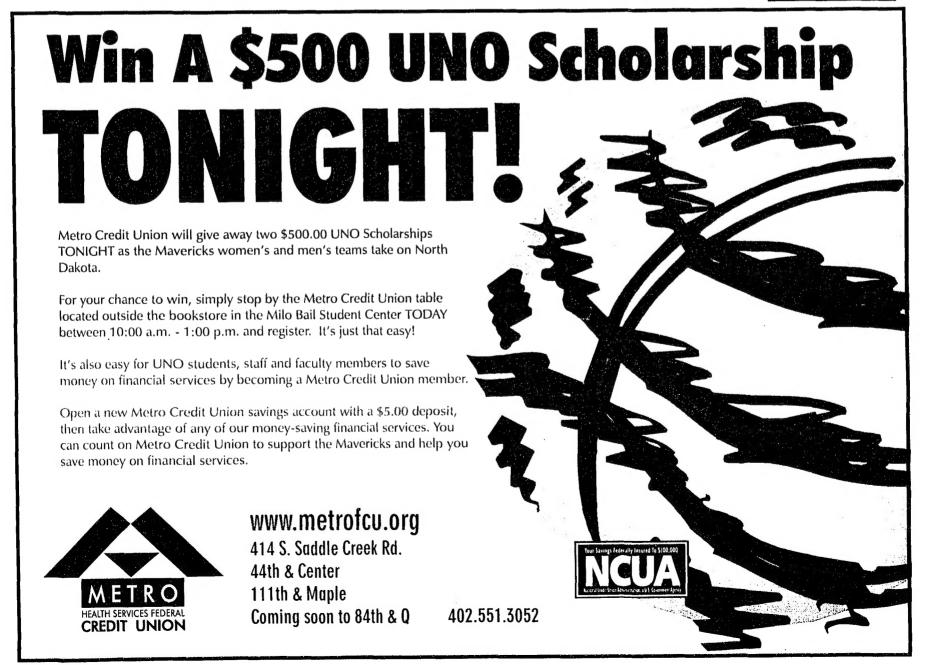
- 56.1: Percentage of students enrolled in college nationwide who are women.
- 12.4: Percentage of board seats women held at Fortune 500 companies.
- 8.9: Percentage of board seats women held in secondtier companies.
- 11: According to an analysis of Sunday morning talk shows, percentage of on-air guest "experts" who were women.
- 20: Percentage of top executives at major news networks who are women.
- 60: Number of women in the U.S. House of Representatives (vs. 375 men).
 - 13: Number of women in the U.S. Senate (vs. 87 men).4: Number of women in President Bush's Cabinet.
- 1: Number of female acts whose albums made *Billboard*'s annual top 10 (Enya, whose "A Day Without Rain" came in at No. 8).
- 18: Number of women who appear in *Premiere*'s Power 2001 list of 100 most influential people in entertainment.
- 0: Percentage of the 10 highest-grossing movies that featured stories about women.
- 4: Number of women in *The Sporting News*' list of the 100 Most Powerful Sports People of the Year (Venus Williams, at 77, is the highest-ranked woman).

see Women, page 7



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opinions&editorials

UNL: Breaking the rules

other athletic

rife with corruption?"

TJ Accola

On Wednesday, University of Nebraska-Lincoln was hit for the first time since 1986 with major sanctions by the NCAA, the governing body of collegiate athletics, for violations dating back to 1997. But the relative infrequency of its violations has not

kept UNL's athletic division from shaming the entire NU system.

Among the programs at UNL are violations made: • Former

wrestling coach

Tim Neumann handed out cash and checks totaling nearly \$6,000, via personal funds, to five student athletes.

Neumann also gave \$500 cash to a student athlete so that the student could pay a gambling

*The university paid the expenses of six swimmers during a June 1997 competition. The university copped to the violation and the student athletes in question were required to make restitution. But an assistant coach, with the knowledge of former head swim coach Cal Bentz, reimbursed swimmers

Various

impermissible administration of financial aid, impermissible transportation, impermissible distribution benefits, impermissible tryouts. impermissible housing arrangements and improper telephone contacts prospective student athletes.

Make no bones about it violations corruption of the "Who knows what highest

order. These weren't just random, honest errors in judgment. There were patterns of abuse of the system in both

the wrestling and swimming programs at UNL.

And now UNL has sullied the far more immaculate reputations of the athletic programs at both UNO (no major infractions since 1973) and UNK (none in the NCAA's 49-year history).

That leaves one to wonder: What if there were infractions that went unnoticed? Who knows what other athletic programs at UNL are rife with corruption (including the supposedly championship-caliber football team)?

Now, coaches and athletic faculty at UNL must endure

see Editorial, page 10

Gateway Photo Poll

What was your New Year's resolution?



Abu Masasi, Junior

"My New Year's resolution is to cover my courses as much as possible so I can graduate as early as possible. I think it's been working out pretty good."



Ryan Curtis, Freshman

"My New Year's resolution was to get a gig for my band, 49 Cents. I haven't done that yet, but I don't think that the music industry is ready for what we have to bring, anyway.'



Simona Oprea, International student "My New Year's resolution is to eat healthy and stay active, and to take steps towards graduation. I think I've been successful,"



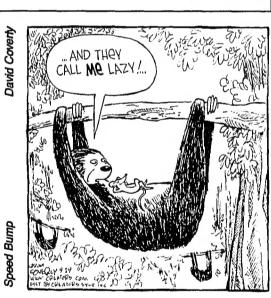
Akelsha Varnado, Senior "My New Year's resolution is to not be such a bitch. I've probably broken it every day since New Year's

photo poll by Jon Shaw

non-addictive humor substitute Max cannon Uh, I was just wondering, Mister Loeb.. Rubbing someone's inflamed bunions is would it be okay if I leave work early today? Actually, Sir...I'm feeling kind of sick. repulsive work. Now, please get started on my other foot before it starts oozing again. May I ask why? That certainly isn't surprising, Johnny. ©2002 MAY CANNON WWW REDMEAT COM

Liberty Meadows

Frank Cho











"I love talking about nothing. It is the only thing I know anything about." - Oscar Wilde

Editorial and letter policy

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Opinions in columns and letters to the editor do not necessarily reflect the opinion of the Gateway staff or the publications committee.

Letters to the editor will be selected for publication on the basis of timeliness, clarity

and available space. The editor reserves the right to edit all letters for publication.

Letters must be signed using the writer's first and last names. Letters must include the writers address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.

Human-cloning debate has roots in abortion movement

Knight Ridder Newspapers

WASHINGTON - The loudest cheers for President Bush at an anti-abortion rally Tuesday came when he stated his opposition to all human cloning, signaling the issue's rapid emergence as a top priority for abortion opponents this election campaign.

"I urge the United States Senate to support a comprehensive and effective ban on human cloning," the president said via telephone to wild applause at the annual March for Life rally against abortion, which ended at the Washington Monument.

'You're working and marching on behalf of a noble cause," Bush said.

The March for Life rally marked the anniversary of the U.S. Supreme Court's Roe vs. Wade decision legalizing abortion in 1973. The cloning debate is much newer, beginning in earnest only after Dolly the sheep was cloned in 1996.

The only known effort so far to clone a human being produced only a few cells that survived only six days. Since a Massachusetts company disclosed that research result last November, abortion opponents have warned of the imminent cloning of living humans. Many activists against abortion see cloning as a moral issue that needs immediate attention and as a political opportunity to weaken abortion

"Along with many of the pro-life battles we will face in Congress this year, I am particularly hopeful that this year we will pass a permanent ban on all forms of human cloning in the United States," Sen. Sam Brownback, R-Kan., said at the rally, "We should not create life just to destroy it."

The process of cloning produces a genetically identical duplicate of an organism without sperm from a male. The nucleus of an unfertilized female cell is removed and replaced with the nucleus of a body cell from the organism.

Many scientists believe cloned human embryos could provide a stock of stem cells. which are embryonic cells that can develop into any type of cell in the body. The scientists believe that stem cells someday will be used to replace or repair cells or tissues damaged or destroyed by disease or disability. This use of cloning is called therapeutic. Reproductive cloning, which scientists almost universally oppose, would produce an entire human.

Brownback, a vocal abortion opponent, is sponsoring a bill to ban all human cloning. The bill, to be introduced during the congressional session that begins Wednesday, is similar to one sponsored by Rep. Dave Weldon, R-Fla., that passed the House of Representatives with presidential support last July.

Senate Majority Leader Tom Daschle, D-S.D., promises floor debate on cloning in February or March. Some Senators favor a less stringent ban that would outlaw cloned fetuses but allow limited cloning for medical research.

Brownback, who is working with antiabortion groups on nationwide campaigns to stop human cloning, cites opinion polls showing overwhelming public opposition to it as reason to support a total ban. But abortion-rights supporters and some medical ethicists reply that abortion opponents are blurring the distinction between "reproductive" and "therapeutic" cloning for their own political gain.

Brownback and other supporters of a total ban are moving cloning into the "cuckoo world of abortion politics," said Dr. Arthur Caplan, director of the Center for Bioethics at the University of Pennsylvania in Philadelphia. Caplan said voters respond to the "ick" factor of reproducing people, without understanding the value that cloned embryonic cells provide,

Caplan said the ability to successfully clone a fully developed human being is probably years away. The urgency that Brownback and others place on a cloning ban makes good abortion politics, Caplan

said, but stifles constructive debate on what cloning should and shouldn't be used for.

Their discussions of embryos are another take on the old debate on when life begins," Caplan said. "If you stop all cloning because it's destroying human life, you're talking about the embryo's status as a human. It's all a cover for undermining

"You can help be the conscience of the country," the president said to members of a advisory panel he created in August, according to a White House transcript.

Cloning seems certain to gain more political attention in the fall elections. Brownback and anti-abortion groups are launching grass-roots campaigns favoring a comprehensive cloning ban in states including South Dakota, Missouri and Louisiana --- all states in which Democratic senators face tough re-election fights.

March for Life organizers estimated that about 50,000 people attended this year's rally. That wasn't as many as last year, they said, but it is a strong base from which to make cloning a prominent issue

"Act. Get out and talk," Brownback said, "particularly to ban human cloning. And pray." (3)

The Daily Crossword Edited by Wayne Robert Williams

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Application Deadline: Feb. 1, 2002

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arts&leisure

Krilian stimulates local music scene

Ben Coffman

"It's kind of an 'In-A-Gadda-Da-Vida' thing," says guitarist Mike Gonzales of five-piece local band Krilian when asked about its name.

Justin McCain, the band's other guitarist, continues: "We were sitting down at a friend's house, and there's a poster on the wall, it said 'the Krilian process,' and it had a big marijuana leaf on there. It had something to do with THC stimulating your brain, the process of getting high. So we were like, 'Krilian, that would be a cool name for a band.' But we were so stoned we didn't even realize the actual spelling of Krilian, or how to pronounce it, and it was really Krilian. So it's not the exact same word, but that's where it came from."

The Gateway recently met up with Krilian, minus singer K.C. Hendricks, who was sick, in the band's current practice spot in Carson, lowa. These four lowa lads discussed their early beginnings, influences, sound and their future. As we spoke with the band, they were honing and polishing three songs they planned on recording the following weekend at Warehouse Records.

McCain and drummer Geoff Eggers formed the band while they were still in high school in Oakland, Iowa. Their first show was at the 92 Club in Carson in 1997 and they once played a 5 a.m. show for some sanitation workers just getting off work. They've also had quite a few lineup changes in the band's nearly five-year history.

"We had K.C. join a year after that," McCain says of the current vocalist. "Things didn't work out with the bass player, so we got a new bass player (Brian Tippery), then another guitar player. I think we've had 10

members. So we've had some different minds come and go. Our sound has changed dramatically over the years. I think now we've come a lot further as far as technically better musicians than we were in high school, obviously."

"Some of our riffs aren't super complex, but they have a different feel to them than a lot of other bands," Gonzales says.

The band's influences include Tool, Deftones, early Incubus, old Black Sabbath, Metallica "back in the day" and Limp Bizkit.

"I have to admit, *Three Dollar Bill* was a major influence on me," McCain says. "I really like the stuff off that album."

The band's sound blends hip-hop vocals with heavy, technical guitar-driven grooves and the heavy-handed drumming of Eggers. The band doesn't subscribe to the standard "one guitarist plays rhythm, the other plays lead" ideology.

"A lot of times I'm doing high and he's doing low," McCain says of his and Gonzales' note-oriented riffing. "Sometimes I do clean and he does dirty, we try to add depth and thickness rather than rhythm and lead."

Gonzales and McCain are the primary music writers. It becomes obvious, just after viewing a single practice session, that McCain is the hyper-motivated slave driver of the bunch. He expects nothing less than perfection from his companions whether in practice, in the studio or on stage.

"We have to sit down and get technical and not settle for anything," McCain says of Krilian's songwriting duties.

"It's kind of cool because you need someone like that in the band," Gonzales says of his Type-A companion.

Thanks to McCain's perseverance, Krilian had the opportunity to play the Ranch

see Krilian, page 11

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Student profile: Joey Buda

Kelly A. McCoy

Pursuing a career in film or video, sophomore Joey Buda is a fine arts/graphic arts major here at UNO. A Westside High School graduate, he chose UNO because of its close proximity to his Omaha home and inexpensive in-state tuition.

Buda has already started building his resume, having worked for *Warriors in the Hall*. Westside's cable television show. Additionally, he is working for KYNE, UNO's television station.

"I want to get an art degree before pursuing a career in film. I'm thinking like a two-year film school after this, or something."

Buda has grown up in Omaha, but many of his fondest memories were formed in recent years, when he attended Westside High School.

"Senior year was probably the best time of my life," he says. "We had a really cool senior class, everybody came together. Traditionally, it's like a materialistic high school, you know, Hollywood High."

To break from that stereotype, students at Westside did mock-spirit days.

Buda said: "We would have dress-up days. We would come to school dressed like Sweatpants Day. I think the height of it was Dress Like Your Favorite Rocker Day. You'd have Slash, Axl Rose, John Lennon. I was John Lennon."

Topping his list of favorite memories from that year was the school-wide sit-in held prior to the school's version of a mini-Olympics, the Warrior Games. The senior class had planned to throw bananas at the freshman class during a rally, but the administration caught wind of it.

According to Buda: "All week there was this big build-up that if we did any pranks or anything, that they would cancel the games forever."

"The games went on for probably three or four events. And the cue was supposed to be one of the announcers, which was in our class was supposed to say, like, 'Seniors, you're awful quiet today.' I can't remember what happened, because we had some other stuff planned, too. And teachers were finding the bananas on us. They were frisking everyone as they came in the door and there was a huge pile of them. And so a lot of people had to put them in their pants to get by.

"So we did the banana throwing, they canceled the Warrior Games and they were like, 'Okay, everyone has to go back to class.' And we just basically sat there and said, 'We're not going to class.' It was like a big sit-in. It was chaos, and all the teachers were afraid of us. It was great."

So far, none of his high school antics have reached the campus of UNO.

When asked what he would change about UNO if he could, he cites lack of student participation and activities around

see Profile, page 10

Otello debuts at Orpheum

preview by Bobby Camerlinck

"Esultate, Esultate!"

Guiseppe Verdi's production of *Otello* performs for the first time in Opera Omaha's 43-year history. It will appear at the Orpheum Theatre Jan. 30 and Feb. 1 and 3. Ticket prices range from \$10 to \$75 and are available at the Opera Omaha offices located on 17th and Farnam Sts. or by phone at 346-4398. It is sponsored through the generosity of ConAgra Foods.

Otello presents a continuous flow of music that propels William Shakespeare's play from the unresolved first chord to the last mournful note. Verdi's opera fuses music and drama so completely that Otello has been considered one of the greatest operatic writings of the 19th century.

The opera takes place at the end of the 15th century in a seaport on the coast of Cyprus.

Otello, the "Lion of Venice," returns during a tempest to his castle and beloved wife, Desdemona, after a victory over the Turks. His scheming ensign lago propels confrontation and deception at every turn only to be promoted and rewarded by the naive Otello.

The jealous, demonic lago brings Desdemona's faithfulness and fidelity into question and what follows is a mythical tale of epic proportions.

lago's cruel creation song, "Credo," and Desdemona's nightly prayer, "Ave Maria," are enduring lyrical works of art that have continually impressed audiences through the ages.

The role of Otello will be sung by Clifton Forbis. Celebrated thespian Michaela Martens will play Desdemona and the role of Iago will feature the voice of Louis Otey. Colin Graham of St. Louis, Mo., will direct. **9**

Ecoutez! to feature Claremont Trio

Rae Licari

UNO's Ecoutez! series will bring acclaimed musicians The Claremont Trio to the campus' Strauss Performing Arts Center Recital Hall Sunday, Jan. 27.

Tickets to the 7:30 p.m. performance are \$15. Admission is free for UNO students with student LD. Reservations by phone for student tickets are recommended.

The Claremont Trio is composed of Donna Kwong (piano) and twin sisters Julia (cello) and Emily (violin) Bruskin. The trio first played together in 1999 at the Taos School of Music in New Mexico. Since forming, the trio has performed at The

Julliard School, Columbia University and Steinway Hall in New York.

The trio participated in the Isaac Stern Chamber Music Seminar at Carnegie Hall in the summer of last year and was also featured on *Martha Stewart Living Television* in November.

Currently, the Claremont Trio works at Julliard with Robert McDonald and holds the Helen F. Whitaker Chamber Music Chair of Young Concert Artists.

The next scheduled Ecoutez! performance is the jazz trio Benny Green on Feb. 23.

For ticket information, call 554-3427.

The cheap and the choice

compiled by Holly Lukasiewicz

CONCERTS:

Friday, Jan. 25

Circle Jam & Mike Dowty at McFoster's Acoustic Groove at The Brazen Head, 9:15

Ivory Star at Ranch Bowl, 8 p.m. The Movies & Musico at 49'er, 9 p.m. Wildfire at Dub's Pub, 9 p.m. Finest Hour & Version 3 at Music Box Beth McBride at Trovato's, 7 p.m.

Saturday, Jan. 26

Linoma Mashers at Groundhog Prom, Mancuso, 8 p.m.

Beth McBride Band at Trovato's, 10 p.m. Afrodisiaes at Ranch Bowl, 9 p.m. Acoustic Groove at The Brazen Head, 9:15

Carolyn's Mother at Howard St., 9 p.m. Superbees at The Junction, 8 p.m. Turtle Moon at Morgan's Lounge, 9 p.m. Wildfire at Dub's Pub, 9 p.m. Full Moon Fever at The Bear Trap, 8:30 p.m. Mike Murphy at McFoster's

Sunday, Jan. 27 George Walker at McFoster's Big Tasty at Mile A Way Hall, 9 p.m. Open Mic at Ranch Bowl, 7 p.m.

Monday, Jan. 28 Open Mic at Stage Right, 8-10 p.m. The Sound of Rails at Trovato's, 10 p.m.

Tuesday, Jan. 29 Open Mic at 13th Street Coffee, 8 p.m. Strange Pleasures at Music Box, 9 p.m. Bellicose & others at Ranch Bowl, 8 p.m. Brian Joens at McFoster's

Wednesday, Jan. 30 Lovetap & others at Ranch Bowl, 8 p.m. Mike Murphy at McFoster's

Thursday, Jan. 31 Tony Furtado at Mile A Way Hall, 8:30 p.m. Jazz Trio at McFoster's Jazz Nite at 49'er

OTHER HAPPENINGS:

Star Shows at UNO Planetarium every Sat. & Sun., 1 & 2:30 p.m. Alternative Film Series at Omaha History Center, every Wed. at 7:30 p.m.

Free Dance Lessons at Bushwackers, Wed. &

Over the River and Through the Woods at Omaha Playhouse, Jan. 25-Feb. 17

Otello at Orpheum, Jan. 30, Feb. 1 & 3

The Foreigner at Dundee Dinner Theatre, thru Feb. 16

Certified Original at Shelterbelt, Jan. 25-Feb.

Zig Jackson photography at Lied Center, thru Feb. 10

Kutak Rock Collection at UNO Art Gallery, thru Feb. 8

Peace of Art at Artists' Co-Op, thru Feb.

Painted and Printed #5 at Gallery 72, thru

Joe Girandola exhibit at Garden of the Zodiac, thru Jan. 31

Yamashita and Stanislav works at The Bemis, thru Jan. 30

Vollmer & Welsh photos at Nicholas St. Gallery, thru Jan. 27

Winter Through the Artist's Eye at Passageway Gallery, thru Jan. 31

Venue Addresses

Arena Sports Bar, 3809 N. 90th Blue Barn Theatre, 614 S. 11th St. Bluffs Run Casino, 2701 23rd Ave, Council Bluffs.

Club Chaos, 16th & O, Lincoln. Club Patricks, 765 N. 114th St. E'Z Place, 15761 W. Dodge Grande Olde Players, 2339 N. 90th The Junction, 1507 Farnam. Knickerbockers, 901 O St., Lincoln McKennas, 7425 Pacific El Museo Latino, 4701 S. 25th St. The Medusa Project, 16th & Harney The Music Box, 7777 Cass St. Omaha Community Playhouse, 69th & Cass Orpheum Theatre, 16th & Harney The Ranch Bowl, 1600 S. 72nd St. The Rose, 2001 Farnam St. Trovato's, 5013 Underwood Ave. (3)

from Women, page 3

6,100: Number of the nearly 280,000 career firefighters in the United States who are women.

- 1: Number of female authors awarded a National Book Award (Virginia Euwer Wolff, for Young People's Literature).
- 3: Number of women individually awarded a Pulitzer Prize (vs. 15 men).
 - 0: Number of female Nobel laureates.
- 2. Women who have won the Van Cliburn International Piano Competition man). since it started in 1962 (Olga Kern shared the gold medal with Stanislav loudenitch are women (18 and older). this year).

192,000: Predicted number of new breast cancer cases diagnosed in 2001.

40,200: Number of women expected to die of breast cancer.

80: Percentage of young women

surveyed in 2001 who said they'd rather marry a man who is able to express his feelings than a man who makes a good

27: Percentage of women surveyed who said they spend more than five hours a week cleaning their homes.

275: Number of minutes the average woman spent talking on her cellphone each month (vs. 372 minutes for the average

40.9: Percentage of Internet users who

CD reviews

Bobby Camerlinck

Craving Theo Craving Theo (Columbia)

A new sound hailing from Portland, Ore., with its combative chord clusters and soulful vocals, promises to be the a heavy hitter on the metal scene next year. Craving Theo is the band's name.

Between Bob Capka's scorching guitar licks and Calvin Baty's mindassaulting lyrics, the band should gain some fans touring with Sevendust. The unbounded force behind "Alone" and the desolation of "Lie" will keep rock lovers' heads thumping and hearts pounding.

Craving Theo successfully combines elements of rock and the alternative sound without compromise. The band's first selftitled CD swings for the fences and comes away rocking. Now the band just needs a new name.

Grade: B+

Lostprophets The Fake Sound of Progress (Columbia)

Lostprophets, a new band from England, seems to miss the mark when it comes to an American audience. The band rushes through the first few songs, never giving you time to catch your breath. When the band finally does slow down with "And She Told Me to Leave," you're already annoyed by the crying vocals and distracted by the attempts at techno.

The tracks "The Fake Sound of Progress" and "A Thousand Apologies" do

successfully recreate the energy and sound of a live club band, but the band members need to demand more of themselves to compete with bands on an international level. The group's energy and emotion do have potential, so they won't have to change their name to "Lost Profits" just yet (couldn't resist). Music fans will eagerly await the time the band reaches the real sound of progress.

Grade: D

Quarashi Jinx (Columbia)

Iceland knows how to keep it cool when it comes to new sound. Jinx by Quarashi marks the group's first U.S.

release. The group's two previous releases went gold in Iceland. Now the band is ready to compete with the big boys. With the unique dance/hip-hop hybrid, the group shouldn't have any trouble.

Quarashi's eclectic collection of sounds and lyrics effectively contrast between relaxed rhythm and a highpowered thumping beat. The group has an aggressive delivery and a fresh industrial style that engages the listener from start to finish. The state of the art sound and competitive rap style is a full-frontal assault on the senses that will surprise American audiences.

Jinx is definitely a professional work that will soon find its way into many music collections and DJ booths -- of course mine first.

Grade: A 😉



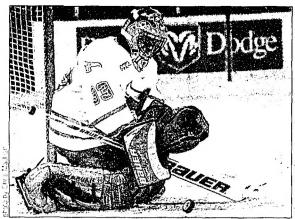
For Further Information

call: 554-2620

www.unogateway.com



sports



UNO netminder Dan Ellis made 86 saves last weekend, earning him CCHA Player of the Week.

Hockey returns home on hot streak

Brian Brashaw

Hockey

A four-game winning streak is a beautiful thing to bring home. The fact that the Mavericks will play their next four games at home is just a bonus.

With sweeps over Alabama-Huntsville and conference foe Notre Dame, the Mavericks have risen from eighth place in the Central Collegiate Hockey Association to fifth, with 19 points.

The Mavericks' upward turn after the new year is typical of their performance the last two years. UNO has consistently played better after the turn of the year, and 2002 is no different. UNO is 4-1-1 since Jan. 1.

UNO's resurgence is in no small part due to a blend of outstanding and consistent play from top to bottom. Shane Glover has found his stick and has scored four goals and an assist in his last six games. Team leaders Jeff Hoggan and Andrew Wong have stayed consistent, scoring multiple points in games and series. Hoggan now leads the team with 15 goals and 18 assists. Wong has seven goals and 23 assists.

In net, Dan Ellis has played strong, as usual. Ellis made 86 saves on 90 shots over the weekend, which earned him CCHA defensive player of the week honors for the third time in his

Lake Superior State will travel to Omaha this weekend for another CCHA series. The Lakers dwell at the cellar of the conference right now with nine points, 10 points behind UNO.

Lake Superior State has a 3-1 record against UNO, including a 4-3, 5-2 sweep of the Mavericks last year in Sault Ste. Marie, Michigan.

The Lakers are led by Adam Nightingale (6G, 7A, 13P) and Jeremy Bachusz (3G, 10A, 13P). The team is also experimenting with three different goalies after the departure of Jayme Platt. Freshman Mike Violin has the best of the three standings at 3-3-1 with a 2.60 goals against average. Fellow freshman Terry Denike is 3-7-0 with a 3.94 GAA, and junior Scott Murray had a 1-6-0 record and a 4.13 GAA.

The Mavericks continue the homestand with another conference series against Miami-Ohio next weekend.

FUND A REFUNDS

Fund A refund forms for the spring semester are available in the administrative offices of the Milo Bail Student Center.

Jan. 28th

through
Feb. 22nd

Women's basketball to take on North Dakota

Brian Brashaw

Women's Basketball

The Maverick women's basketball team will take on the entire state of North Dakota this weekend when they face two North Central Conference opponents, the North Dakota Fighting Sioux and the North Dakota State Bison.

UNO is coming off a weekend split in conference play, consisting of an 80-77 win over South Dakota State in overtime and a 90-83 loss to Augustana. UNO stands 7-13 overall and has a 3-6 conference mark.

Sara Peterson leads the team in scoring, 13.2 points per game. Jen Mitchell is also a standout for the Mavericks, scoring 13.1 points per game. Mitchell holds the school's three-point record with 187, and is on the verge of breaking her own season record of 51. She is also second on the career assists list with 431, 29 short of the record held since 1981.

For the Fighting Sioux of North Dakota, this weekend could mean a rise from a four-way tie for first place to sole possession of first. North Dakota has a 6-3 conference mark, with a 14-3 overall mark.

The same rings true for North Dakota State. The Bison are also 6-3 in the conference and looking to gain full

In their last meetings, both North Dakota schools handled the Mavericks fairly easily. The Sioux won 100-62 and the Bison took a 94-69 win. The games this weekend



Erin Wessling (foreground) will help lead the Mavs into weekend home play against North Dakota and North Dakota State.

the conference and looking to gain full position of first will both be played at 6:00 p.m. at the Sapp Fieldhouse.

Next weekend, the Mavericks travel to play South Dakota and Morningside in further NCC action, still hoping to get a bid in the conference tournament.

Life in the square ring

Raf Czarnecki

The Raf Report

The recent Mike Tyson-Lennox Lewis debacle (mistakenly referred to as a press conference) and an overwhelming demand for a World Wrestling Federation update have motivated me to write this week's column, tentatively titled: Life in the square ring.

With both sports (I'll refer to WWF wrestling as a sport because if bowling can get away it ...) coming off of sub-par years, serious upgrades in the worlds of professional boxing and wrestling are in demand for 2002. Unfortunately for boxing fans, the Tyson-Lewis scandal Tuesday proved that the world of boxing is still on thin ice. On the other hand, last week's Royal Rumble and the recent rumors of an nWo (new World order) invasion into the WWF have given wrestling fans a reason to be excited. The state of both professions is the main topic of this week's discussion.

Vince McMahon's masterpiece

If you look closely, the WWF is on the verge of making a great run in 2002. Last weekend's Royal Rumble victory capped off the glorious return of wrestling superstar Triple H. The arrival of the nWo, which likely means the

return of fan favorites Hulk Hogan, Kevin Nash and Scott Hall, is almost inevitable. Close sources (the Internet and I go way back) have indicated that the nWo storyline will be in effect before the next WWF pay-per-view, fittingly named No Way Out. Another plus for the WWF will be that after a 2001 campaign labeled "year of the injury," 2002 brings an almost 100 percent healthy roster of superstars. Once the 'Canadian Crippler" Chris Benoit (known by many experts as the best technical wrestler in the business) returns to action, the WWF will be stronger than ever. And last, but certainly not least, there's a wrestling icon by the name of The Rock, who is about to take the entertainment world by storm. The Rock's movie, "The Scorpion King," is scheduled to be released April 19 and a music video to hype the movie's soundtrack is also on tap for the "Great One." Not to mention the fact that smart money has Rocky winning the undisputed title at March's WrestleMania extravaganza. Bottom line is that the WWF is big time, so stop acting like you don't watch it.

If Don King ruled the world ...

I couldn't reach Don King for his comments (like I would've understood him anyway) on whether or not the April 6 Tyson-Lewis fight was still on, but I did manage to chat with one of Mr. King's consultants. This person would like to remain unidentified, for personal security reasons of course, but he was kind enough to share the results of a few upcoming bouts. Here's how I interpreted the conversation:

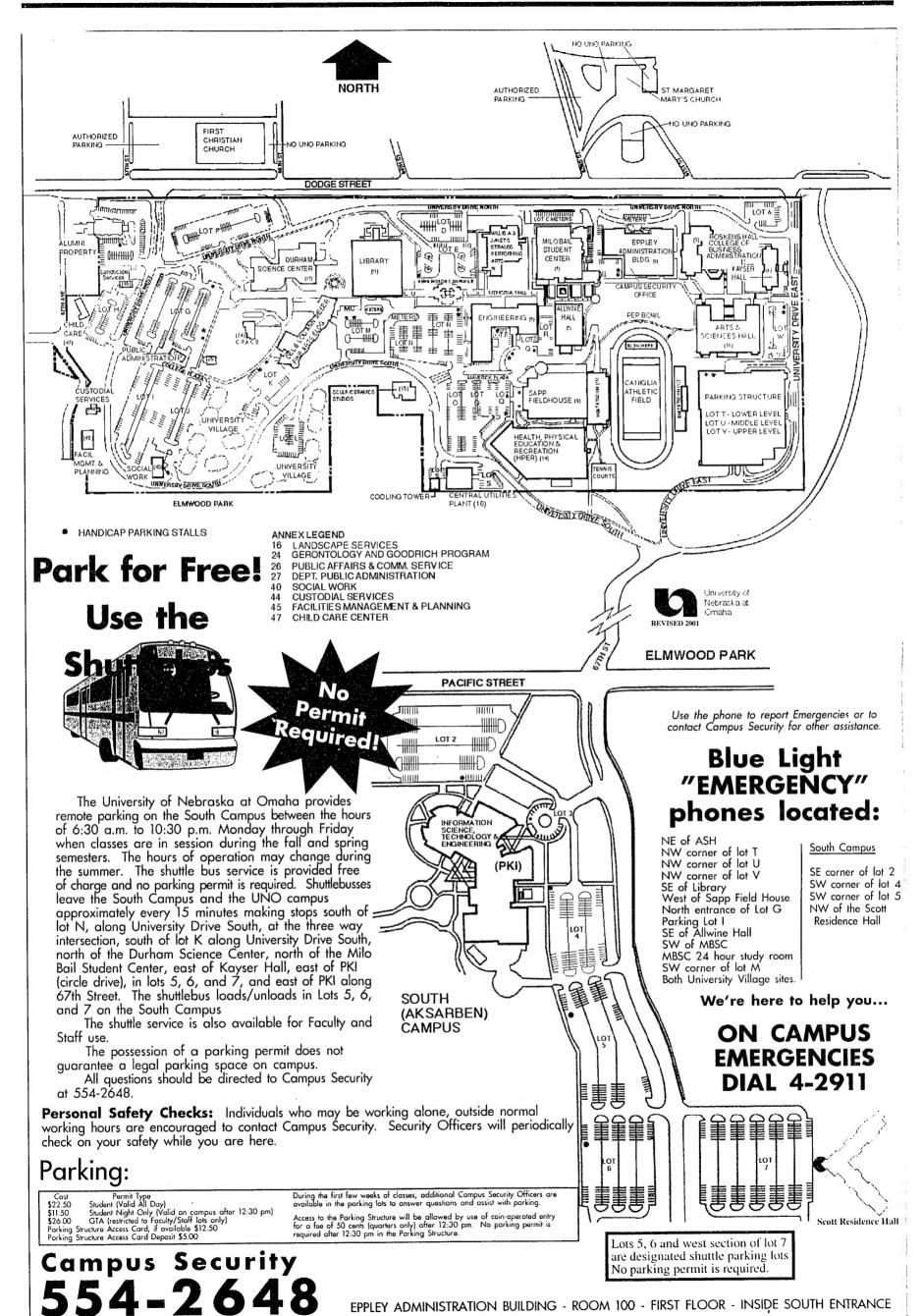
Feb. 2 — Roy Jones Jr.'s televised sparring session will go well for Roy. On that same night, Bernard Hopkins will also hurt somebody. The result being Roy and Bernard will soon meet together in this year's version of fight of the year.

March 2 — Marco Antonio Barrera and Erik Morales will beat each other senseless in a rematch of their classic 2000 battle. Morales will again come out victorious, but this time, with no controversy. Barrera goes down in the 10th.

March 23 — Shameless plug for my boy "Prince" Naseem Hamed. He's back.

May 4 — Memo to Oscar de la Hoya: Stick to singing, "Ferocious" Fernando Vargas wins on points and sends Oscar back to the recording studio.

Finally, the best pound for pound boxer in the world, "Sugar" Shane Mosley, will knock out Vernon Forrest this Saturday evening on HBO in the sixth round. I'm done.



Happenings around the beautiful game

Paul Freelend

Unni Lehn scored in the fifth minute Wednesday as Norway upset the United States 1-0 in the first round of a four-nation women's soccer tournament in Shanghai,

Hege Riise came in on a breakaway and passed back to Lehn, who beat goalkeeper Lakeysia Beene from close range.

Playing without injured star Mia Hamm, the U.S. outshot Norway 17-7. Captain Julie Foudy, celebrating her 31st birthday, hit the crossbar in the 32nd minute.

The U.S. plays Germany on Friday, while Norway faces China. China beat Germany 2-1 in the day's other match. China built a two-goal lead on goals by Zhang Ouying in the 43rd minute and Pu Wei in the 75th. One minute later, Arlane Hingst scored for Germany.

Brescia's Coppa Italia first-leg semifinal was called off after defender Vittorio Mero was killed in a car accident on Wednesday afternoon.

The match between the two Serie A sides was about to get underway when news came through of Mero's fate. The Brescia players, many in tears, returned to the dressing room and both sides agreed to suspend the game. The game was re-scheduled for January 30.

In England's Worthington Cup, Tottenham Hotspur beat London rivals Chelsea for the first time in 12 years with an emphatic 5-1 win at White Hart Lane.

Rovers outdistanced Blackburn Sheffield Wednesday 4-2 in the cup's other semifinal. The results set up a potential meeting of American goalkeepers in the final. U.S. national team keepers Kasey Keller (Tottenham) and Brad Friedel (Blackburn) have already met once this season with Keller and Spurs edging out Rovers 1-0.

Three of Africa's five World Cup-bound teams opened their African Cup of Nations groups with wins.

Nigeria's Julius Aghahowa scored in the Super Eagles' 1-0 win over Nigeria while African Player of the Year Patrick Mboma led Cameroon to a 1-0 win over Congo. Lamine Diatta's goal for Senegal pushed the Black

Stars past Egypt while South Africa and Tunisia could only manage 0-0 draws against Burkina Faso and Zambia, respectively.

Martinique continued the run of upsets in the CONCACAF Gold Cup as they upended Trinidad and Tobago 1-0 to advance to the quarterfinals.

Patrick Percin scored in the 51st minute to knock out the Soca Warriors, Defending champions Canada also advanced despite losing 2-0 to Ecuador. Martinique will now meet Canada for a place in the semifinals while Haiti will face Group C winners Costa Rica. The U.S. will play El Salvador, who defeated Guatemala 1-0. (2)

Forced-air and cold weather mean chapped, flaky skin

Karen Uhlenhuth Knight Ridder Newspapers

Think of yourself as a humidifier - a chapped, flaking, scaly, itching humidifier. Because in effect, come January and cold temperatures and forced-air heat, that's what you become.

Consider the physics. Your body is 60 percent water, more or less. The humidity of indoor winter air tends to hover closer to 30, and easily can plummet into the single digits, depending on how cold it is outside and where you set your thermostat.

You see the problem. Your body has too much water, the air doesn't have nearly enough ... and you can almost hear that giant sucking sound as nature tries to achieve equilibrium by snatching water molecules from the backs of your hands, the edges of your red and raw nostrils. Ouch!

Although you can't do much about the laws of physics, there are some tactics you can employ to hang on to a little more of your body's H2O. One is to change the humidity in your room by using a humidiffer. A setting somewhere between 35 percent and 60 percent is generally recommended for maximum comfort

"It's very important for humidity to be reasonably high in both home and workplace," said Jennifer Ashby, a Kansas City area dermatologist.

You also can stop doing things that exacerbate your body's loss of moisture. Hot showers, for one, strip the natural

oils from your skin. Try taking fewer showers, and making them shorter and cooler.

Soaking in a tub of water can help, especially if you add a third to a half-cup of common kitchen salt to it. That "increases the osmotic pressure of the skin," and draws water from the capillaries to the skin's surface, according to J. Matthew Knight, a dermatology resident at the University of Kansas Medical Center.

Soap is another important factor in drying skin. You might try lathering up very selectively - in only your underarms and groin area, for example.

Ashby advises using "a gentle cleanser instead of a strong soap," and recommends Dove and Oil of Olay in particular. Knight added Cetaphil and Lever 2000 to the list.

In general, soaps that are "superfatted," or that contain glycerin, are preferable when dry skin is a problem, according to the Mayo Clinic Health Letter.

And when you're done bathing, do not rub yourself vigorously with a towel. Pat or blot your skin, leaving some moisture on the surface so you can. ...

Moisturize. That's right, "The key point in winter is to combat drying forces by using lots of moisturizers,' Knight said.

People tend to misunderstand the function of moisturizers. "Some noted.

people think moisturizers add moisture. What they do mostly is protect your body's natural water from drying out."

They put a barrier on the surface of your skin, in other words. And that, according to Knight, is why good old petroleum jelly is the most effective moisturizer, bar none.

"A lot of people walk into our clinic with dry skin, and walk out using Vaseline and doing well," Knight said.

The only problem, of course, is that petroleum jelly is close kin to the gunk they pack around the ball bearings in the wheels of your automobile. And don't you just want to coat yourself with that

"Medically it's fine," Ashby said, "but it's messy and can clog your pores. I would never use it. None of my patients use Vaseline on their skin. You can use Crisco too, but I don't recommend it."

She advocates instead looking for lotions or creams that contain an alpha hydroxy acid or a poly hydroxy acid. On product labels, they're generally referred to as AHA or PHA. Those compounds improve the skin's ability to act as a barrier by stimulating cell turnover and helping slough off dry dead skin, she

"It's great if you like working with people," she says. "If you want a career that gives you choices, a masters of library science allows you to find employment anywhere in the country."

from Library, page 1

Pasco became involved with distance education programs while receiving her Ph.D. from Emporia State University in Kansas, which offers distance library education programs in four states. She taught in those programs while working on her degree. While she has been a driving force behind the creation of the MLS program at UNO, she stresses that many people are involved.

'This program is a tribute to both the Nebraska Library Community, which continually advocates for its libraries and to UNO's college of education, which stepped up to the line in support of this venture," she says.

For information about this degree or other library science education opportunities, contact Becky Pasco via UNO e-mail or at 554-2119. 3

from Editorial, page 4

periodic seminars in NCAA regulations and ethics, as well as reviews by both the Big 12 Conference and NCAA officials. Additionally, the university must walk on ice for the next five years; probation will put the entire athletic department under a microscope.

So ... thanks, UNL. You've tarnished both UNO's and UNK's respectable athletic programs. At least we here at UNO can rest easy knowing that we have a wrestling program that is among the nation's elite, a national championship softball team and soccer, football and hockey teams that regularly compete for national championships.

And all without having to break one rule. 🤒

from Profile, page 6

he campus, saying that more school-wide social events, such as tailgate parties, would be an improvement.

"The problem with this place is that a lot of people just come here, go to class, then go home," he says. There's no community here. There is, but it's in really small groups of people that probably already know each other."

Following his graduation from UNO, Buda expects to hang around the Midwest.

"It's weird. You grow up somewhere ... and as much as you hate it, you don't really want to leave it." (9)

go to Burger King or McDonald's, here are some tips on control. When the time to cram comes, the site recommends ordering: try a grilled chicken sandwich, hold the mayo. Do not super-size anything and do not eat a lot of the french fries if ordering a value meal. Sure, french fries technically are a vegetable, but they are loaded with fat.

Another suggestion is to remove high fat/low nutrition food from one's living space. If one does not have it, then one cannot eat it. Have smart snacks around. Keep fruits, popcorn, baked chips and granola bars around for snacks. Beware, though, of misleading words on packaging. Companies often try to lure consumers in with words like "low-fat" or "lowcalorie." Be sure to check the nutritional information, because where they are lacking in fat or calories, they are usually making up for with something else.

The Web site www.WebMD.com also makes some suggestions for college students trying to get their diets under

from Driving, page 2

If interested, call (312) 729-6212 or log on to www.redcross.com.

We all enjoy the fun associated with the winter season. Winter brings hot chocolate, fireplaces, holidays and a time to reflect, but it also carries hazards. Sure, its color is inviting and its substance refreshing, yet hidden is a sleeping grizzly demanding respect. What a difference it makes if you pay attention to your surroundings and understand the danger that waits your trespassing. Use your head while driving in cold weather, stay alert and, most importantly, stay prepared. 3

from Super-size, page 2

studying in the library, away from alluring sights and smells of food. It also advises that students should plan what they are going to eat when on a study break, and if a late night meal/snack happens, just cut back on portions for the next day or two. WebMD urges students to take responsibility for their health by eating sensibly without skipping meals and by exercising regularly.

USA Today supports that idea. The paper says students who exercise report a better state of happiness and a greater feeling of control in their lives. Also, female student who exercise report using their time more productively.

The lifestyle students choose now makes an impact on how healthy the rest of their life will be. So students have to ask themselves something: Do you really want to super-size that?



from River, page 1

well as in the greater Omaha area an outlet to hear not only what's going on, but also to voice their opinions, said John McCarty, director of environmental studies.

Representatives from the U.S. Army Corps of Engineers, the U.S. Fish and Wildlife Service and the U.S. Geological

Service will describe the management

A panel of speakers representing the farm community, industry and conservation group also will be present to discuss what the options mean for their interests. 3

from Krilian, page 6

Bowl on several occasions in the last year.

"I like going there so we can see 'Mom,' our favorite bartender over there," Gonzales says. "She's got my vote for coolest person at the Ranch Bowl."

Their favorite of those shows was their Thanksgiving eve show with the Venaculas, in which there was a large turnout. McCain and company are humble when it comes to talking about bands they've played with.

"There are a lot of great bands in Omaha," McCain says. "I think every band we've played with has had a lot of talent. Unit 371 was really great live. Downshift. Narcotic Self. Slo Childryn. The Venaculas.'

"Blood Cow," adds Gonzales.

"The best part (about the Omaha scene) is being able to stand there, before your band goes on stage, and like the music that you're watching," McCain says.

So what does the future hold for Krilian?

"Obviously, we're doing this because we love it," McCain says. "Ever since I was a little kid, I wanted to be in a band and play guitar. It's just my dream to someday do this for a living. Even if I never reach that goal, I'll still love to play and I'll play until I can't play

"Come check us out," Eggers adds. "I think it's a good time. I'm sure you'll enjoy yourself one way or another; if it's not us it's another band we're playing with. Come out and support the scene."

"Yeah, definitely," McCain says. "Support local music."

"There's lots of good bands out there,"

Krilian will be playing at the Ranch Bowl on Feb. 28, and may possibly play a show in Atlantic, Iowa, with the Venaculas in late

The big concert update

ОМАНА:

101/31 Willie Nelson — Civic Auditorium

102/05 Dust For Life — Music Box

02/06 Agnostic Front — Ranch Bowl

02/08 Soulfly — Ranch Bowl

02/10 Legendary Wailers — Ranch Bowl

■02/12 Lee Rocker — Music Box 102/16 Blue October — Music Box

02/18 Gwar — Ranch Bowl

02/20 Lars Frederiksen and the Bastards - Ranch Bowl

102/21 Machine Head — Ranch Bowl

02/28 Coco Montoya — Music Box

03/01 Agent Orange — Music Box

03/02 Hatebreed — Ranch Bowl

103/04 Dimmu Borgir — Ranch Bowl

103/07 Buckwheat Zydeco — Music Box 03/13 Twiztid — Ranch Bowl

03/21 Buddy Guy — Ranch Bowl

03/27 DRI — Ranch Bowl

03/29 NOFX — Ranch Bowl

104/08 311 - Sokol Auditorium

04/27 Danger Kitty — Ranch Bowl

LINCOLN:

102/03 Trick Pony — Royal Grove

102/14 Blue October — Knickerbockers 02/26 Sick of it All -- Knickerbockers

02/28 Jonathan Richman -

Knickerbockers

103/21 Gene Loves Jezebel --

Knickerbockers

03/25 Rob Zombie --- Pershing

Auditorium

ILAWRENCE, Kan.:

101/26 Adema — Granada

01/28 Hank Williams III — Bottleneck

01/29 H2O - Bottleneck

102/08 Fu Manchu — Bottleneck

102/16 Right Between the Ears --- Liberty

02/19 Lars Frederiksen and the Bastards - Bottleneck

102/21 Reverend Horton Heat --- Granada

102/23 Machine Head --- Bottleneck 02/24 The Calling - Bottleneck

02/25 Ani DiFranco — Liberty Hall

02/26 Jay Farrar - Granada

102/27 Sick of it All = Bottleneck

102/28 Better Than Ezra - Granada

compiled by Rae Licari

03/09 Twiztid --- Bottleneck 03/19 Le Tigre - Bottleneck

03/22 Less Than Jake — Liberty Hall

MINNEAPOLIS:

01/26 H2O - Quest Club

01/26 Manplanet — 7th Street Entry

01/28 Stereophonics — Fine Line Music Cafe

01/30 DC Talk — Northrop Auditorium

01/31 Moldy Peaches - 7th Street Entry 02/01 Big Bad Voodoo Daddy — Quest

02/02 Big Wu — First Avenue

02/03 Big Wu --- First Avenue

02/05 Agnostic Front — First Avenue

02/08 Busta Rhymes — First Avenue

02/09 Concrete Blonde — First Avenue

02/10 Aaron Carter - Target Center 02/10 Flickerstick -- Quest Club

02/12 Fu Manchu - 400 Bar

02/14 Michelle Branch — Quest Club

02/15 Fog — First Avenue 02/16 Tangerine Dream — First Avenue

02/17 Anti-Flag — First Avenue

02/19 Gwar — First Avenue

02/20 Stephen Curtis Chapman —

Northrop Auditorium

02/20 The Calling — Quest Club

02/21 Lars Frederiksen and the Bastards Quest Club

02/22 Machine Head - Quest Club

02/23 Iffy -- First Avenue

02/25 Mushroomhead — First Avenue

KANSAS CITY, Mo.:

01/26 Hank Williams III --- Beaumont

01/29 DC Talk — Hale Arena

02/07 Static-X — Beaumont Club

02/15 Paul Oakenfold -- Uptown Theater

02/17 Creed — Kemper Arena

02/19 System of a Down --- Uptown Theater

02/28 Mushroomhead — Beaumont Club 03/31 Nelly Furtado --- Uptown Theater

04/10 311 - Uptown Theater **(9)**

www.unogateway.com



GATEWAY VALENTINE'S WILL BE PRINTED ON TUESDAY FEB. 12TH!

YOU CAN BUY YOURS FOR 25 CENTS/LINE - 30 SPACES/LINE

SEE MARIBETH OR CAROL IN THE GATEWAY OFFICE MBSC RM 115 OR SEND THOUGH INTERCAMPUS MAIL WITH PAYMENT. DEADLINE: FRIDAY, FEB. 9TH

Office of Campus Recreation A Unit of Student Affairs

INTRAMURAL SPORTS
Sports for the first Spring Session

6x6 Volleyball 5x5 Basketball Racquetball

Sign up in HPER Room 100 or visit the intramural table in the student center. Last day to sign up is January 25th. Containing A St. of the St.

Captain's Meeting Friday, Jan. 25, 3 pm, HPER 102, MANDATORY FOR CAPTAINS!!!!!

Campus Rec Drop-In Fitness Free to Students and HPER activity card holders.

Monday 6:45 to 7:30 a.m. Cardio Kiekbox HPER 110 with Deanna

Noon to 1 p.m. Step HPER 230 with Chris

5:15 to 6 p.m. Step HPER 110 with Lily

6:30 to 7:30 p.m. - Super Circuit HPER 110 with Audra

<u>Tuesday</u> 6:45 to 7:30 a.m. | C.A.P.S. (Cardio/Abs/ Plyometries Step) HPER 110 with Audra

Noon to 12:45 p.m. Aqua Lunch HPER Pool with Dave

4:15 to 5:15 p.m. Basic Training HPER 110 with Deanna

5 to 6 p.m. Women on Weights HPER 105 with Audra

7:30 to 8:15 p.m. Power Yoga HPER 231 with Keeley

Wednesday 6:45 to 7:30 a.m. - Cardio Kickbox HPER 110 with Vicky

Noon to 1 p.m. - Cardio Kickbox HPER 230 with Chris

5:15 to 6:15 p.m. - Step 'n' Tone HPER 110 with Lily

5:30 to 6:30 p.m. Hydro Combo HPER Pool with Deanna

6:30 to 7:30 p.m. C.A.P.S. HPER 110 with Audra

Thursday 6:45 to 7:30 a.m. Super Circuit 6:45 to 7:30 a.m. - Sup HPER 110 with Audra

Noon to 12:45 p.m. - Aqua Lunch HPER Pool with Dave

12:15 to 1pm - Yoga HPER 230 with Anne

4:15 to 5:15 p.m. - Basic Training HPER 110 with Deanna

5:15 to 6:15 p.m. - Power Yoga HPER 230 with Wendy

Friday Noon to 1 p.m. Step HPER 110 with Chris

WELLNESS STAMPEDE EVENTS

Campus Recreation is sponsoring massage therapy the first and third Friday of each month. This Friday (18th) therapy will be held in MBSC at Student Health Services from 11:00-1:00 pm. To sign up for an available slot, call the campus recreation office at 554-2539 or stop by HPER 100. Each massage is

15 minutes and the cost is \$10. Our licensed massage therapist is Mary Baughman from Stress Management Services.

Campus Recreation announces Instructional Dance Classes for Spring Semester. Marty Hebert will again be instructing Swing Dance and Latin/Ballroom classes in the HPER Building for January/February. The classes will meet for 4 weeks. Classes begin January 27th, no classes on Feb. 3rd (Super Bowl Sunday), then the final 3 classes will be Feb. 10.17 and 24.

10.17 and 24.
The Latin/Ballroom meets from 12:30 to 1:30 pm in HPER 230. The Swing Dance meets from 2 to 3 pm in HPER 230.
Cost is \$15 per person (\$13 for the 2nd person if you bring a partner). Those without Campus Recreation Activity Cards add 15%.
For more information, please call Dave at 554-2008.

Campus Recreation is hosting another Parents Day Out this semester!!!!!

March 9, 2002 9:00 am to 4:00 pm in the HPER building Ages 5 through 12

Cost is \$17 for UNO students and Campus Recreation Activity Card Holders \$20 for general public and non-card holders This day will include swinning, pizza lunch, the making (not just decorating!) of spring baskets and egg dying. Sign up in HPER 100 or contact Fran at 554-4941

The Walking Club still making strides.... Beginning on Jan. 14th, the Club will meet outside of the south entrance to Eppley, by the Pep Bowl, on Mondays and Thursdays from 12:15-1:00pm and Tuesdays at 3:00-3:30pm.

Earn Hoof Prints toward May Tracks' Incentives. All are welcome!

Outdoor Venture Center Call 554-2258/2539, HPER 100 or http:// www.unomaha.edu~wwwocr/

Backpacking & Orienteering Basics Tues & Thurs, March 12-May 2, 8-9:15 am. Can get academic credit.

CPR for the Professional Rescuer, Sat., Feb. 2, 8:30am - 4:30pm.

Cross-country Skiing Sat., Jan. 26, 11:30am -Sun., Feb. 17, 11:30am - 4

Yellowstone National Park, Winter Camping X-Country Skiing Trip Sat., Mar. 16 - Sun., Mar. Info Meeting Mon., Feb.

Basic Kayaking-One-night Workshops Mon. Jan. 28, 7-9:30 pm Wed., Feb. 6, 7-9:30 pm

Winter Camping Work-shop at Preparation Canyon Sat., Mar. 2 - Sun., Mar.3

REMEMBER - CAMPUS RECREATION ACCEPTS ALL MAJOR CREDIT CARDS FOR ANY CAMPUS REC PURCHASE!!

Classified Ads

Notices

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

Lost & Found

FOR ITEMS LOST AT UNO Contact Campus Security, EAB 100, 554-2648. Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or tound on the UNO campus will be published free in the Gateway for two weeks Forms are available at the Office located in Milo Bail

HELP WANTED

Music Teachers Wanted Voice, Piano, Guitar. Horns, & Flute all Cherrie Anders Studio 390-2657

A quiet tanning/massage salon (NW Omaha) looking for morning staff Nancy at 964-0373

WANT TO MAKE A DIFFERENCE? Become a mentor! The Professional Partner Program is looking for volunteers willing to work with children who need a positive role model. Call Andria @ 444-6568 for more information.

We are looking for a motivated energetic person to work with a high functioning 5 1/2 year old child with autism. Key

areas you will be teaching will include language skills, leisure and independence skills, and self-help skills. He will also be working on behavior management skills. He has many activities he enjoys

activities ne enjoys
including playing with trains
and cars, swimming, and
watching videos. He is very
social and enjoys the
company of others. For
more information please call 402-293-0485. If you reach our answering

machine please leave a message with your name. phone number and the best time to reach you and we will return your call. We look forward to meeting you.

Exercise Instructor Wanted Part-time, will train.

Call Cherrie Anderson Studio 390-2657

OUTDOOR LEADERS WANTED

Experience the magic of Summer Camp at Camp Kitaki in NE.

All Positions Available Call (402) 434-9225 or email campkitaki@aol.com. Call Today!

Part-time General Office/ Messenger

Office located close to UNO and College of St. Mary's. Hours are 1:00p.m. to 5:30p.m., Monday-Friday and every third Saturday from 9:00a.m. to 12:00p.m. General office duties-copying, filing, answering phones, errands with paid mileage. Must have reliable transportation. To apply

call Debbie at 392-1500.

We Need Outstanding Leaders

The 4-H Camps in Nebraska, at the Nebraska National Forest-Halsey, Schramm State Park-Gretna, and Harlan County Reservoir-Alma, are accepting applications for 2002 summer program staff. Lead tons of outdoor programs-canoeing, tubing, rappelling/climbing, swimming, and many more. Great Fun! Great Experience! Competitive Salary! Great summer position for all majors! Second Applications Deadline: February 15 2002. Applications received after deadline may be accepted until all positions are filled. For information call your local county extension office or (402)472-6717 or email

Looking for Extra Work this Spring Semester? Our company is looking for a professional person who is organized, has experience in customer service and a strong work

blorkovic1@unl.edu

ethic. We offer a great work enviornment, competitive pay with flexible schedule. s is a temporary part time position. Hours are Monday thru Friday, 8am to 5pm. Make your own schedule (20 hours required).

If you are interested in this position please apply at: PrioriCare Staffing Solutions 702 N. 129th St. Omaha, NE 68164

Fax: 346-7738 elise.coe@prioricare.com EOE

Life Skills Trainer

DSN, a non-profit organization providing services to adults in our community, seeks full-time and part-time. Life Skills Trainers for our Omaha services. Qualified applicants are at least 19 years of age, possess a high school diploma or equivalent, reliable transportation and a valid driver's license; must learn crisis intervention techniques and be physically capable of implementing them.
Various shifts available. Full and part-time positions start at \$8.55/hour; excellent benefits. Apply in person at: Developmental Services of Nebraska, Inc. 604 South 72nd Omaha, NE 68114. (402)827-7652 Directly Accessible

Parking, EOE/AA/ADA www.dsnine.org.

NEWLY REMODELED KITCHEN. The Spaghetti Works

Restaurant is currently hiring fun and energetic

people 16 and older (19 for servers) to fill the following position:

> Cooks Waitstaff Bartenders Cooks/Prep Bussers

For a job that offers a great work

environment, meal allowances, health and dental insurance, flexible

scheduling, 401K and more, please apply in person from 8-10AM or 2-5PM at Old Market Spaghetti

Works 502 S. 11th St. Omaha, NE 68102

SERVICES

PIANO INSTRUCTION

Experienced, caring teacher with Master's Degree. Children & adults of all ages welcome. Donna Zebolsky 991-5774

FOR RENT

Beautiful one bedroom Over 675 sq. ft. Heat/Water Paid. Hardwood Floors. Balconies/Parking/Laundry. \$375-\$425/mo. 3301 Dewey

Midtown

Call 551-2959

1 bedroom, appliances, all utilities paid. \$375/mo. deposit. Also available Feb. 1st, two 1 bedroom apartment. \$400 & \$475, all utilities paid. Central air. 366-3609 or 981-0422

Benson 1 bedroom apartment. \$395 gas, water and heat No pets. 331-1094

> **NEWS** TIP? CALL 554-2470

Housing

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.

APARTMENTS AVAILABLE 9 Month Lease Available 417, 421-423 North 40th Street (Between Cathedral and Joslyn Castle) Large 1 and 2 Bedroom Apartments Carpet, Central Air, All appliances Off Street Parking, Security. Lease from \$375-\$495 per month Heat and Water Paid Belgrade Company Phone 393-6306 or Fax 393-4208

TRAVEL

Alaska Sea Kayaking Expedition 2002 Join the Outdoor Venture Center in Southeast Alaska, August 4-16, 2002. Info meeting and Alaska slide show, Tuesday Mar. 5 at 7p.m. in the HPER Bldg. Contact the OVC at 554-2258 or at www.unomaha.edu/ ~wwwocr/.

Spring Break Super Sale!

Book your trip with StudentCity.com and save up to \$100 per person to Cancun, Bahamas, Jamaica, Padre and Florida. Most popular student hotels including the Oasis and the Nassau Marriott Crystal Palace! Prices start at \$399! Sale ends soon! CALL NOW! 1-800-293-1443 or go to StudentCity.com!

***ACT NOW! Guarantee the best SPRING BREAK PRICES! South Padre, Cancun, Jamaica, Bahamas, Acapulco, Florida & Mardigras. Reps Needed...Travel free, earn \$\$\$. GROUP DISCOUNTS FOR 6± 800-838-8203/ www.leisuretours.com

SPRING BREAK with Mazatlan Express. From \$399. (800)366-4786. http:/ /www.mazexp.com

Spring Break with STS, Americas #1 Student Tour Operator. Promote trips on-campus. Earn cash and free trips. Info/ Reservations 1-800-648-4849 www.ststravel.com

Spring Break Tickets!

Get a FREE MTV audience ticket to select shows when you book your Spring Break through StudentCity.com! Go to MTV.com or call StudentCity.com at 1-800-293-1443 for details! Tours and tickets are limited.

ANNOUNCEMENTS

Having a difficult time? The Community Counseling Clinic in Kayser Hall 421 is free to students and low cost for everyone. Call 554-2727 for an appointment.

